

## Chapter 02 Positive Choices/Positive Changes

### Multiple Choice Questions

1. (p. 34) Jennifer smokes every morning before breakfast. This is an example of a
- A. dimension of wellness.
  - B. habit.**
  - C. morning routine.
  - D. value.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

2. (p. 34) Which of the following factors that influence wellness can NOT be controlled?
- A. heredity/genetic make-up**
  - B. knowledge
  - C. attitude
  - D. skills

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

3. (p. 34-35) Which of the following factors that influence wellness can an individual control?
- A. heredity/genetic make-up
  - B. beliefs and values**
  - C. age
  - D. gender

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*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

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Chapter 02 - Positive Choices/Positive Changes

4. (p. 36) Rewards for behavior change should
- A. not be given to yourself.
  - B. create a barrier to overcome.
  - C. be expensive.
  - D.** be realistic.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

5. (p. 37) Enabling factors are factors that
- A. encourage or discourage behaviors.
  - B. an individual brings to the table.
  - C.** enhances an individual's ability to change.
  - D. are internal.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

6. (p. 37) Reinforcing factors are factors that
- A.** encourage or discourage new behaviors.
  - B. an individual brings to the table.
  - C. do not affect an individual's ability to change.
  - D. are internal.

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

Chapter 02 - Positive Choices/Positive Changes

7. (p. 36) Predisposing factors are factors that
- A. encourage or discourage behaviors.
  - B.** an individual brings to the table.
  - C. do not affect an individual's ability to change.
  - D. are internal.

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

8. (p. 37) Motivation for behavior change is
- A. a trait ruled by internal factors.
  - B. a permanent trait of an individual.
  - C.** an energized state.
  - D. a static emotional state.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

9. (p. 38) Janette is working on a new exercise regimen. Her motivation for exercising largely depends on whether her friend exercises with her. Janette can be said to have
- A.** an external locus of control.
  - B. an internal locus of control.
  - C. positive self-efficacy.
  - D. decisional balance.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

10. (p. 37) John has a family history of diabetes. He believes he can prevent the disease through exercise, diet, body weight control, and other preventive health behaviors. John's behavior can be explained by his

- A. external locus of control.
- B.** internal locus of control.
- C. positive self-efficacy.
- D. decisional balance.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

11. (p. 38) Self-efficacy helps you

- A.** have confidence in your ability.
- B. need less motivation.
- C. avoid making changes.
- D. accept the way things are.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

12. (p. 39) A good way to boost self-efficacy is to

- A.** monitor behavior with a journal or log.
- B. have friends and family to tell you what you should do.
- C. focus on making long-term goals.
- D. spend more time relaxing.

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

Chapter 02 - Positive Choices/Positive Changes

13. (p. 39-40) Self-efficacy typically develops from all of the following factors EXCEPT
- A. past experience.
  - B. past performance.
  - C. anticipation of failure.**
  - D. observational learning.

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

14. (p. 40) Watching the actions and outcomes of others is called
- A. observational learning.**
  - B. past performance.
  - C. past experience.
  - D. verbal persuasion.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

15. (p. 39) Which of the following is the most powerful factor influencing self-efficacy expectations?
- A. observational learning
  - B. direct experience**
  - C. persuasion
  - D. internal cues

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

16. (p. 40) Which of the following is the LEAST powerful influence on self-efficacy?

- A. direct experience
- B. persuasion**
- C. vicarious experience
- D. past performance

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

17. (p. 39) Over which of the following factors do you have the most control?

- A. persuasion
- B. vicarious experience
- C. past performance
- D. direct experience**

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

18. (p. 40-41) In terms of setting goals, the acronym SMART stands for

- A. strategic, measuring, actionable, reality-based, time-conscious.
- B. specific, measurable, achievable, realistic, time-bound.**
- C. standard, measurable, action-based, realistic, time-bound.
- D. specific, motivating, achievable, realistic, timely.

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

Chapter 02 - Positive Choices/Positive Changes

19. (p. 41) Setting realistic goals for behavior change means having
- A. several alternative goals.
  - B. simple goals.
  - C. open-ended long-term goals.
  - D.** challenging but not impossible goals.

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

20. (p. 41) Which characteristic of SMART goals involves setting a start date and a completion date?
- A. realistic
  - B.** time-bound
  - C. measurable
  - D. achievable

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

21. (p. 41) Which characteristic of SMART goals involves self-monitoring and tracking?
- A. realistic
  - B. time-bound
  - C.** measurable
  - D. achievable

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*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

Chapter 02 - Positive Choices/Positive Changes

22. (p. 42) The transtheoretical model is also referred to as the
- A.** "stages of change" model.
  - B. "scenes of change" model.
  - C. "steps to behavior change" model.
  - D. "signs of change" model.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

23. (p. 43) According to the transtheoretical model, in which stage is a person who has yet to actively think about change?
- A. action stage
  - B. maintenance stage
  - C.** precontemplation stage
  - D. contemplation stage

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

24. (p. 43) The stage of the transtheoretical model in which people weigh the pros and cons of taking action is called the
- A. action stage.
  - B. maintenance stage.
  - C. precontemplation stage.
  - D.** contemplation stage.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*



25. (p. 43-44) The stage in the transtheoretical model that corresponds to having been successful at changing a behavior for more than six months is called the

- A. action stage.
- B. maintenance stage.**
- C. precontemplation stage.
- D. contemplation stage.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

26. (p. 43-44) The preparation stage of behavior change in the transtheoretical model is the

- A. first stage of the model.
- B. stage that precedes action.**
- C. final stage of the model.
- D. stage that precedes contemplation.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

27. (p. 44) Jessica is using a technique for behavior change that focuses on increasing knowledge about her unhealthy habit. She is asking herself what things she does that are unhealthy. This is an example of

- A. consciousness raising.**
- B. emotional arousal (dramatic relief).
- C. self-reevaluation.
- D. commitment (self-liberation).

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*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

28. (p. 44) Brian has decided to develop a plan for behavior change. He has signed a contract and informed his friends of his plans. This technique for change is an example of
- A. consciousness raising.
  - B. emotional arousal (dramatic relief).
  - C. self-reevaluation.
  - D. commitment (self-liberation).**

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*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

29. (p. 45) Increasing rewards for desired behavior change is an example of
- A. consciousness raising.
  - B. emotional arousal (dramatic relief).
  - C. reinforcement management.**
  - D. commitment (self-liberation).

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*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

30. (p. 44-45) The final stage of the transtheoretical model for most behaviors is
- A. termination.
  - B. maintenance.**
  - C. relapse.
  - D. preparation.

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Stages in lifestyle improvement*

31. (p. 54-55) Things to consider when developing strategies for overcoming obstacles in behavior change include all of the following EXCEPT

- A. increasing or continuing those things that help you toward your goal.
- B. removing cues and triggers that prompt unhealthy behavior.
- C. adding new cues and triggers that prompt healthy behavior.
- D. avoiding making plans that anticipate difficulties.**

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-04 Develop a personalized plan for successful change; including appropriate goals and strategies for overcoming barriers.*

*Topic: Personal plan for lifestyle improvement*

32. (p. 47-48) The purpose of time management in behavior change is to

- A. plan and prioritize so that your time is spent wisely.**
- B. fit more time into your schedule.
- C. get rid of unimportant matters.
- D. avoid having to maintain a schedule.

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

## True / False Questions

33. (p. 35) Age can play a role in the knowledge, skills, and abilities that affect your behavior.

**TRUE**

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

34. (p. 34) A behavior that recurs and develops into a pattern is called a habit.

**TRUE**

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

35. (p. 34) Gender is a controllable factor that influences behavior and health habits.

**FALSE**

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

36. (p. 37) Reinforcing factors are those things that encourage or discourage your change in behavior.

**TRUE**

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

37. (p. 37) Enabling factors include your culture, beliefs, values, age, and attitudes.

**FALSE**

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

38. (p. 36) Predisposing factors include your knowledge, skills, and abilities.

**FALSE**

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

39. (p. 37) Motivation only arises from external factors.

**FALSE**

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*Bloom's Taxonomy: Understand*

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*Topic: Motivational strategies for a healthy lifestyle*

40. (p. 37-38) Key factors that affect motivation include locus of control and self-efficacy.

**TRUE**

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*Bloom's Taxonomy: Understand*

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*Topic: Motivational strategies for a healthy lifestyle*

Chapter 02 - Positive Choices/Positive Changes

41. (p. 42) Self-defeating behaviors tend to lead to the accomplishment of both short-term and long-term goals.

**FALSE**

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*Bloom's Taxonomy: Understand*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Motivational strategies for a healthy lifestyle*

42. (p. 42-43) The transtheoretical model is also called the "stages of change" model.

**TRUE**

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

43. (p. 44) In the maintenance stage of behavior change, external rewards remain as important as in earlier stages.

**FALSE**

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

44. (p. 53-54) Creating a "pro-versus-con" analysis is a step in behavior change.

**TRUE**

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-04 Develop a personalized plan for successful change; including appropriate goals and strategies for overcoming barriers.*

*Topic: Personal plan for lifestyle improvement*

45. (p. 44) The transtheoretical model includes a stage called termination.

**TRUE**

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*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

## Essay Questions

46. (p. 34-36) Choose two of the following factors that influence wellness, and explain how these factors play a part in behavior change: values; beliefs; religious and cultural norms and practices; environment; socioeconomic status; attitudes; or knowledge, skills, and abilities.

Answers will vary

*Bloom's Taxonomy: Apply*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

47. (p. 36-37) Compare the differences among predisposing, enabling, and reinforcing factors as they relate to behavior change.

Answers will vary

*Bloom's Taxonomy: Analyze*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Topic: Factors influencing health behavior*

48. (p. 42-47) Describe the transtheoretical model and how it works.

Answers will vary

*Bloom's Taxonomy: Analyze*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*





53. (p. 40-42) According to the SMART principle, goals should be \_\_\_\_\_, measurable, achievable, realistic, and time-bound.

**specific**

*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

54. (p. 42) In the field of behavior change, TTM refers to the \_\_\_\_\_ model.

**transtheoretical**

*Bloom's Taxonomy: Remember*

*Learning Objective: 02-03 Apply techniques that match your stage in the change process.*

*Topic: Stages in lifestyle improvement*

55. (p. 38) Belief in your capability to perform a task that leads to a specific outcome is called \_\_\_\_\_.

**self-efficacy**

*Bloom's Taxonomy: Remember*

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### Matching Questions

56. (p. 36-39) Match the term concerning behavior change with its definition.

- |                              |   |          |
|------------------------------|---|----------|
| 1. predisposing factors      | factors that make it possible or easier for an individual to change a health behavior | <u>3</u> |
| 2. external locus of control | belief in your ability to perform a task  | <u>4</u> |
| 3. enabling factors          | source of power or control in your life that resides outside yourself                 | <u>2</u> |
| 4. self-efficacy             | preexisting factors that influence behavior   | <u>1</u> |
| 5. motivation                | an energized state that directs and sustains behavior                                 | <u>5</u> |

*Bloom's Taxonomy: Remember*

*Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.*

*Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.*

*Topic: Factors influencing health behavior*

*Topic: Motivational strategies for a healthy lifestyle*